



Old Fashioned Prune Cake

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



5606 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.8 cup butter
- 0.8 cup buttermilk
- 1.5 teaspoons plus dark
- 3 eggs
- 2 cups flour all-purpose
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon

- 1 teaspoon ground nutmeg
- 1.5 cups pecans chopped
- 1 cup prune- cut to pieces pitted chopped
- 1 teaspoon salt
- 2 teaspoons vanilla extract
- 1 cup vegetable oil
- 1.5 cups sugar white

Equipment

- bowl
- frying pan
- sauce pan
- oven
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour Bundt or tube pan.
- In a medium bowl, mix together flour, soda, salt, allspice, cinnamon and nutmeg. Set aside.
- In a large bowl, combine oil, eggs and 1 1/2 cup sugar. Beat 2 minutes at medium speed.
- Add flour mixture, alternating with 1 cup buttermilk, starting and ending with dry ingredients. beat well after each addition. Stir in prunes, pecans and 1 1/4 teaspoon vanilla.
- Pour into greased and floured bundt or tube pan and bake at 350 degrees F (175 degrees C) for 1 hour or until a toothpick comes out clean when inserted in the center.
- Make large, deep holes in hot cake and pour topping in holes and on top of cake a little at a time, giving it time to soak in.
- For the topping: In saucepan, over medium heat, cook butter, 3/4 cup buttermilk, corn syrup and 1 1/2 cup sugar until sugar and butter melt.
- Remove from heat and add 2 teaspoons vanilla and stir.

Nutrition Facts



■ PROTEIN 4.76% ■ FAT 50.27% ■ CARBS 44.97%

Properties

Glycemic Index:445.09, Glycemic Load:390.64, Inflammation Score:-10, Nutrition Score:77.809565274612%

Flavonoids

Cyanidin: 18.8mg, Cyanidin: 18.8mg, Cyanidin: 18.8mg, Cyanidin: 18.8mg Delphinidin: 11.97mg, Delphinidin: 11.97mg, Delphinidin: 11.97mg, Delphinidin: 11.97mg Catechin: 11.84mg, Catechin: 11.84mg, Catechin: 11.84mg, Catechin: 11.84mg Epigallocatechin: 9.21mg, Epigallocatechin: 9.21mg, Epigallocatechin: 9.21mg, Epigallocatechin: 9.21mg Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg Epigallocatechin 3-gallate: 3.76mg, Epigallocatechin 3-gallate: 3.76mg, Epigallocatechin 3-gallate: 3.76mg, Epigallocatechin 3-gallate: 3.76mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 5605.5kcal (280.28%), Fat: 322.9g (496.78%), Saturated Fat: 112.93g (705.82%), Carbohydrates: 650.01g (216.67%), Net Carbohydrates: 613.3g (223.02%), Sugar: 395.5g (439.44%), Cholesterol: 876.88mg (292.29%), Sodium: 4928.54mg (214.28%), Alcohol: 2.75g (100%), Alcohol %: 0.21% (100%), Protein: 68.79g (137.58%), Manganese: 10.14mg (507.22%), Vitamin B1: 3.29mg (219.21%), Selenium: 142.77µg (203.96%), Vitamin K: 203.66µg (193.96%), Vitamin B2: 2.81mg (165.36%), Copper: 3.03mg (151.29%), Fiber: 36.71g (146.84%), Folate: 578.94µg (144.73%), Vitamin A: 6733.59IU (134.67%), Phosphorus: 1308.1mg (130.81%), Iron: 20.36mg (113.14%), Vitamin B3: 20.42mg (102.12%), Magnesium: 371.2mg (92.8%), Zinc: 12.61mg (84.09%), Vitamin E: 12.26mg (81.75%), Potassium: 2738.97mg (78.26%), Vitamin B5: 6.15mg (61.49%), Calcium: 593.51mg (59.35%), Vitamin B6: 1.12mg (55.92%), Vitamin B12: 2.29µg (38.2%), Vitamin D: 4.98µg (33.2%), Vitamin C: 3.76mg (4.56%)